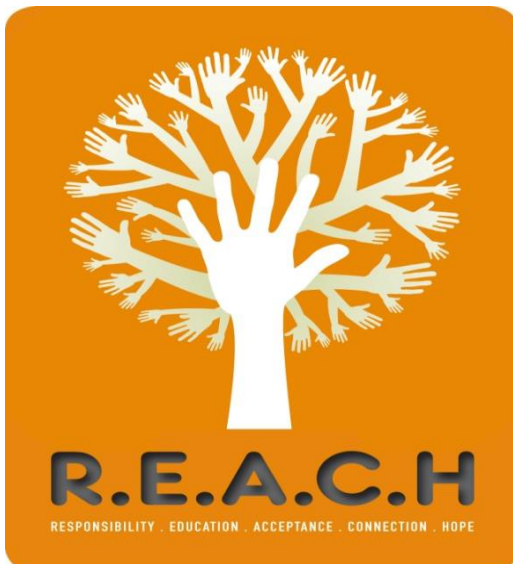


Struggling with depression or bipolar?

Seeking strategies to cope more effectively?

Looking to connect with others with a similar struggle?



Join our 9 week **R.E.A.C.H. Wellbeing Program** to foster your strengths, deepen self-awareness, learn coping and wellbeing strategies, and connect with others in a supportive group environment.

This is a **PSYCHO- EDUCATIONAL SUPPORT GROUP** designed to help those with depression or bipolar cope more effectively and cultivate greater wellbeing.

Next group:

Date: Wed 12 March – Wed 7 May, 2025

Time: 9 consecutive Wednesdays, 5.00-7.00pm

Location: 4 Park Avenue, Gordon

Facilitators: Olivia Saxon and Emma Hartcliff

For more information or to register your interest contact:

groupservices@lifelineh2h.org.au or call 8287 1158

*Applicants need to be over 18 years old and will be screened for eligibility